

WORKOUT AT HOME

CORE ON THE FLOOR WORKOUT



This week's goal: Do each exercise in sequence in this Core on the Floor home workout on any 3 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day.

Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up-do each exercise for 30 seconds (per side if applicable).

1. Torso Rotation



Stand up tall and bring your arms up to shoulder height in front of the chest. Twist your torso gently to the right and then come back to center. Twist over to your left side, and repeat.

2. Side Bend



Take a deep breath in as you lift your arms overhead and lengthen your spine, looking up. Grab your left wrist with the right hand. As you exhale, lean to the right side (opposite to the wrist you are holding). Hold for a few seconds, then repeat on the other side.

3. Standing Knee Pull



From standing bring one knee up toward the chest. Use both hands to grab your shin and pull your leg in toward your body. Hold for a moment then return to starting position. Continue alternating legs.

Not feeling warmed up? Repeat the warm up exercises one more time. Move onto the Main Workout.

Main Workout: Do each exercise for 30 seconds, for 3 rounds.

1. Roll Ups



Lie on the back with your knees bent and hands on your thighs. Contract your abs and crunch up as your hands slide up your thighs toward the knees. Get as close to your knees as you can, return to starting position.

2. Leg Lifts



Lie on the back with hands at sides or under the hips, legs straight. Stabilize your torso by pressing your spine toward the floor. While keeping your legs straight, lift your heels up toward the ceiling while keeping hips on the ground. Slowly lower until legs are 6" above the floor, repeat.

3. Bird Dog



From hands and knees, hold your spine in a neutral position and with abs engaged, extend the left arm out in front of you while raising the right leg out behind you. Hold this extended position for a moment and return to starting position. Repeat with right hand and left leg.

4. Side to Side Heel Touches



Lie on your back with knees bent and hands at your side. While keeping your arms straight and torso engaged, bend horizontally and reach your right hand toward your right pinky toe. Stretch as far as you can and then return to starting position. Repeat the same thing on the left side and continue to alternate.

5. Glute Bridge



Lie on your back with your knees bent and hands at your side. Push through your heels and raise your hips up toward the ceiling. Try to push them far enough that your body creates a straight line from your knees down to your shoulders. Hold for a moment and return to starting position. Repeat.

6. Oblique Bicycle Crunches



Lie on your back with your hands behind your head and your legs out in front of you. Engage your torso. Bring your left leg in toward the chest as you bring your right elbow across your body to try and touch your left knee. Return to starting position and repeat with the other side.

Not feeling worked out? Repeat these exercises as a circuit 2-3 more times. Move on to the Cool Down & Stretch.

Cool Down & Stretch – Hold each pose for 30 seconds (per side if applicable) for 2 rounds.

1. Baby Cobra



Begin by lying on your stomach with your hands on the floor under the shoulders. Push through the hands to straighten the arms almost all the way until the stomach is lifted off the floor and there is a gentle curve in the low back.

2. Hollywoods



Start by sitting up with your legs out in front of you. Bring your left leg up and over your right leg. Now bring your right arm across your body and across your raised left leg. You should have the back of your right elbow on your right leg. Hold for 30 seconds, then switch sides.

3. Neck Roll



From standing, tilt your head to one side. Try to bring your ear toward your shoulder without shrugging your shoulders up. From here gently roll your head down the front of your chest toward your other shoulder. Continue to roll back and forth for 30 seconds, then switch directions for 30 more seconds.

Go to this link to follow along with the workout video: [CORE ON THE FLOOR](#)